

# Normal.

## Festival of the Brain

Thurs 25 – Sun 28  
May 2017



[www.quarterhouse.co.uk](http://www.quarterhouse.co.uk)

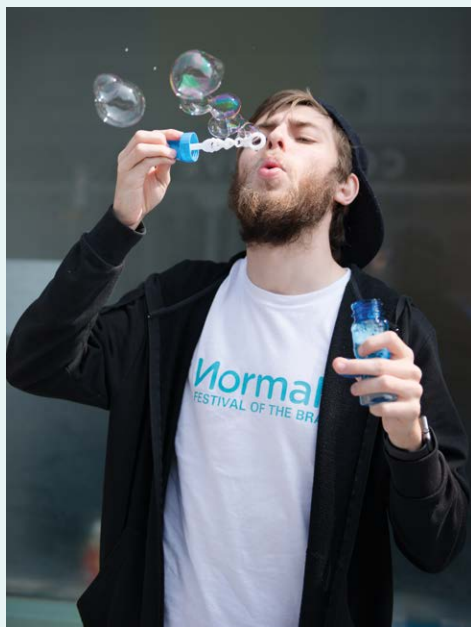
# Normal?

## Normal? Festival of the Brain

Thurs 25 – Sun 28 May 2017

Normal? Festival of the Brain brings science and art together over four days to wonder at the brain. This year we are exploring neuroplasticity and asking what happens when we change our habits and behaviours - either through circumstance or conscious decision.

Co-curated by Living Words, Folkestone Quarterhouse and Folkestone Fringe with input from the local community, we've been exploring empathy, self-help, laughter and awkward dancing to ask *can you teach an old dog new tricks?*



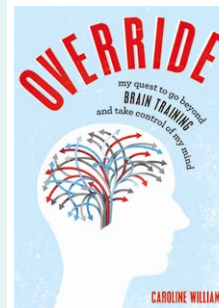
### Booking Info

You can enjoy as many Normal? Festival events as you like by purchasing a £40 Festival pass or a £15 Day pass. Many Normal? events have a limited capacity so please book in advance (even for free events and even if you have a festival pass) by visiting [www.quarterhouse.co.uk](http://www.quarterhouse.co.uk) or by calling the Quarterhouse Box Office on **01303 760750**.

**@BrainFestUK**  
**#Normal17**

### Thursday 25 May

6pm (45 mins), Quarterhouse Café-Bar, £3  
**Caroline Williams**  
**Override**



*Can you really rewire an adult brain?*

In theory the answer is 'yes' but no one seems to know exactly how to do it. In *Override*, Caroline Williams goes on a mission to find out. Visiting top neuroscientists in their labs, Williams volunteers

herself as a guinea pig, challenging researchers to make real changes to her imperfect brain. Seeking to improve on weaknesses such as her limited attention span and tendency to worry too much and branching out into more mysterious areas such as intelligence and creativity, Williams tests neuroplasticity and brain training with some surprising results.

6.45pm (45 mins), Quarterhouse Café-Bar, FREE  
**Festival launch**



Join co-curators Folkestone Fringe, Living Words and Quarterhouse to celebrate the launch of Normal? with brain-fuel cocktails and canapes provided by festival food pop-up Dr. Legumes.

7.30pm (90 mins), Quarterhouse Auditorium, £5  
**Cardboard Citizens**



The culmination of an exciting, three week life-changing project with a group of people from Folkestone who have been working with Cardboard Citizens to create a piece of Forum Theatre based on their own stories and experiences. At the end of the show, the audience are asked how they might have acted differently to change the narrative.

### Friday 26 May

9.30am (60 mins), Quarterhouse Meeting Room, FREE  
**Mindfulness**



Each morning of the festival join Dr Gemma Beckley, Clinical Psychologist and teacher of Mindfulness and Transcendental Meditation, to gain deeper insight and experience of the process of mindfulness.

Gemma and her father, Colin Beckley, founder of the Meditation Trust, will explain the relationship between different meditations and their effects on the brain.

11am (60 mins), Quarterhouse Meeting Room, £3  
**Johannes Klabbers**  
**Posthumanist Therapy**



Can we alter our habits and behaviours or do they change in response to prevailing attitudes and conditions? Are we condemned to be either an insufferable

narcissist or paralysed by feelings of inferiority and insecurity? Johannes Klabbers trained as a narrative therapist and wrote a book about his work as a secular pastoral worker with people who are dying. Today Johannes works with those who are looking for a different way to be in the world and invites people to adopt a post-humanist framework for living, thinking and acting. Therapist in Residence for Normal? 2017, Johannes will be roving freely, engaging in discussion and hosting one-to-one sessions throughout the weekend.

11am (60 mins), Quarterhouse Café-Bar, FREE  
**Dementia Friends**

An awareness session led by Elizabeth Taylor of the Alzheimer's Society to learn more about dementia and the small ways you can help. From being more patient in shop queues to volunteering and campaigning for change, over one million Dementia Friends in the UK are helping to create communities in which people living with dementia feel more understood and included.



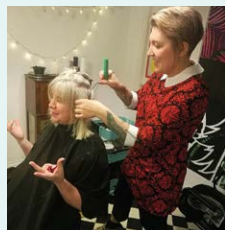
## Friday 26 May

10am – 9pm, Quarterhouse Café-Bar, FREE  
Hannah Peel  
Memory Playlist

It started as a feature on Lauren Laverne's 6 Music *Memory Tapes* inspired by themes from Hannah's album *Awake But Always Dreaming* exploring the experience of dementia. "Like a time capsule or even an insurance policy for music... from the present day right back to my earliest memories of my fondest songs and music... so if I was to ever fall into dementia these lasting first songs, embedded into the auditory cortex of the brain, would be a way to reach out and still connect to family." Come and have a listen to the memory playlists of the likes of Gary Numan and Bill Drummond – and think about what your playlist might be.

11am to 7pm, Quarterhouse, FREE  
Nina Clark  
The Musical Walkabout

A fun, person-centred way to engage socially isolated people through music, Nina will be on musical walkabout throughout the day. Acting as a minstrel, Nina adopts a 1-2-1 approach to musical engagement, creating personal and transformative experiences for everyone to enjoy.

11am to 4pm (drop-in), Quarterhouse Foyer, FREE  
Hello Hair

Did you know that 53% of men are more likely to discuss private problems such as depression and other mental health issues with their barber? Join local hairdresser, stylist and super personable person, Lisa Everest for a makeover, a haircut or a chat about your 'look'. You know you're worth it.

12.30pm (60 mins), Quarterhouse Café-Bar, £3  
Drugs or Art –  
what's best in dementia care?

A lively debate between neurologist Dr Timothy Rittman and clinical psychologist Professor Reinhard Guss about the merits of a medical approach against a psycho-social and arts based approach to dementia. Are the medical profession patronising and out of touch or do they offer tried and tested treatments and support that really work? Are the arts offering well-meaning but misguided care without proper research or do they offer a new and innovative people-centred approach?

## 2pm (90 mins), Quarterhouse Theatre, FREE

NEW/ADVENTURES  
RE:BOURNE

## Dance for Life



Matthew Bourne's New Adventures & Re:Bourne in partnership with Dementia Pathfinders lead a creative dance workshop and discussion for all. New Adventures & Re:Bourne has developed a team of passionate and dedicated dancers who act as ambassadors for the company in a community setting. Dance for Life is a unique opportunity for people living with dementia, their friends and family to work with dancers from the New Adventures company.

2pm (60 mins), Bibliotherapy, Brewery Tap, FREE  
Do Self-help Books Help?

Ellie Thomas has worked in Kent libraries for over 30 years and is passionate about the positive effect of reading. She reads to escape, to relax, to exercise her imagination and to forget. An enthusiastic advocate of the Reading Well and Books on Prescription schemes, she didn't think to read one herself until a counsellor suggested it might make a difference. Find out how these books helped Ellie understand her worries and make small changes to cope with what life threw at her.

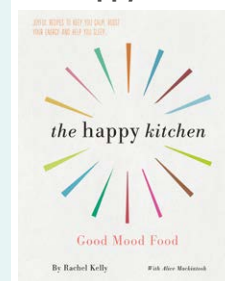
3.30pm (120 mins), Bibliotherapy, Brewery Tap, FREE  
Knitting for Well-being

A drop-in session led by Angelika Welzel-Connolly from Dementia Dialogue exploring the link between knitting and memory. Participants will be able to try therapeutic knitting with a view to making a 'memory purse' to take away or come along and learn to knit! All ages and ability welcome.

3.45pm (60 mins), Quarterhouse Café-Bar, £3  
Cognitive Restimulation

Since July 2015 Kent and Medway Social Care Partnership Trust has been offering people living with dementia the exciting opportunity to be involved in the GREAT trial: *Living well with Memory Difficulties*. GREAT looks at a new psychosocial intervention for people with early-stage dementia and their carers working with a therapist to manage the impact of memory difficulties on a person's life. Research Therapist Myles Howard recounts his experience of working on GREAT and describes the effects of cognitive rehabilitation for people with Alzheimer's disease and related dementias.

## 5pm (60 mins), Quarterhouse Café-Bar, £5 incl tasters

Rachel Kelly & Dr. Legumes  
The Happy Kitchen: Good Mood Foods

Rachel Kelly, journalist and writer of *52 Steps to Happiness*, is joined by local chefs and health conscious foodies Dr Legumes to discuss her new book about eating to stay calm and well. Written with nutritionist Alice Mackintosh, *The Happy Kitchen* features recipes to boost your energy, nourish your spirit, and help you sleep.

6pm (60 mins), Quarterhouse Meeting Room, FREE  
Tai Chi

Each evening of the festival, Anna Dashwood will lead a tai chi session for all. Tai Chi is a Chinese martial art practiced to promote health and relaxation. Slow, relaxed movements have a

calming effect on your mind and nervous system fostering inner tranquility, reducing anxiety and stress levels and increasing the well-being of all the organs of the body.

6.15pm (45 mins), Brewery Tap, FREE  
Church or Jungle  
The Great War

Local artist Church or Jungle will perform transformative music born out of a need to vocalise the weight of his own depression. Alongside his music, the performer will provide insight into his process of creating art as a means to explore his own seemingly foreign emotional landscapes.

## Friday 26 May

7.30pm (45 mins), Quarterhouse Theatre, £3  
**Living Words Shutnell**



For 10 years, Susanna Howard has been working as a writer, up close and personal with individuals experiencing advanced dementia. She is obsessed with communication, language and how we connect. This short film, made with video artist Zbigniew Kotkiewicz, is Susanna's opportunity to explore what those 10 years mean, how she has been changed by the work and to look at what it might have done to her own brain. After the film Susanna will be quizzed by members of local dementia group The Sunshiners, who will also read poems by and about people with dementia.

Doors 8.30pm / On Stage 9pm (60 mins),  
Quarterhouse Theatre, £8.50 advance / £12.50  
door / Over 14s welcome, under 16s to be  
accompanied by an adult

**Hannah Peel**  
**Awake But Always Dreaming**



The Northern Irish artist, singer, electronic composer and member of The Magnetic North released her new solo album to great acclaim at the end of 2016 with Q Magazine describing it as a 'sublime electronic opus' in their 4 star review. Produced and recorded with long-term collaborator Erland Cooper with orchestrations by Peel, *Awake But Always Dreaming* is a record about memory; the luminous and beautiful formation of memories and the devastating loss of slow, insidious damage to the mind.

10pm (60 mins), Quarterhouse Bar, FREE  
**Dolly Doowop's Brain Drain**



Join DJ Dolly Doowop as she spins some mind boggling discs with a brain-related theme.

## Saturday 27 May

9.30am (60 mins), Quarterhouse Meeting Room,  
FREE

**Mindfulness**

(see Friday at 9.30am for details)

10.45am (30 mins), Quarterhouse Café-Bar  
**Sarah Stringer Tribute**

Join us for a musical tribute to Sarah Stringer, our friend and colleague who died in the winter of 2016. Sarah spoke about dealing with trauma at the 2015 festival and, as the local Chair of Trustees, represented MIND in 2016. Sarah was also a talented musician.

11am (60 mins), Glassworks, £3  
**The Neuronal Disco for Kids**



A scientific dance workshop for age 7 – 11 years devised by Dr Selina Wray & artist Charlie Murphy. Come and be part of a brand new experiment about the brain! Children are invited to animate

the development of the brain and the connections between cells through a series of choreographed movements to fun pop songs.

11.30am (90 mins), Quarterhouse Meeting  
Room, £5  
**Philip Cowell**  
**Breathing & Writing**



The breath is central to all the contemplative traditions. Inspiration literally means "inhaling or breathing in". Where might our words go if, inspired to write, we followed our breath? Mindfulness practitioner and Folkestone-born wordsmith, Philip Cowell (author of *Keeping a Journal*), leads this fun and meditative writing workshop for beginners and more experienced writers alike, with the breath as our guide and anchor.

11.30am (45 mins), Quarterhouse Foyer, FREE  
**Byron Vincent**  
**Fetch, Roll Over, Play Dead**



*Can you teach an old dog new tricks? Let's find out.*

Like many Gen X-ers I failed to grow up, choosing instead to remain in a cycle of joyless hedonism and self-destructive indulgence.

Mentally I'm a wreck and physically I look like a condom full of baby food. I want to do better. I need to do better. So I'm making some proper changes. No more booze, pills or fags. Just daily exercise and general wholesome stuff. I'll be swapping quavers for quinoa, becoming vegetarian and sharing my recipes online. Join me on my struggle to be less rubbish at life. I'm bored and lonely so I'd love you to contact me with your challenges and I'll try them, film them and post on Facebook <http://fb.me/fetchrollover>. Byron will be in residence throughout the festival weekend.

Midday to 6pm (drop-in), Quarterhouse Foyer,  
FREE

**Hello Hair**

(see Friday at 11am for details)

12.30pm (60 mins), Quarterhouse Café-Bar, £3  
**Moheb Costandi**  
**Plasticity: From Neurons to Self**



The human brain is a highly dynamic organ which alters its structure and function in response to every experience we have, a phenomenon called

neuroplasticity. Moheb Costandi describes some of the ways in which this happens – from the changes in single cells that underlie learning, memory, and addiction, to the large-scale anatomical changes that aid recovery from brain injury. He will also demonstrate the 'Rubber Hand Illusion,' which reveals that our perception of our bodies – and our very sense of self – is highly malleable. Costandi trained as a molecular and developmental neurobiologist and now works as a freelance science writer specialising in neuroscience.

1.45pm (60 mins), Quarterhouse Meeting Room, £3  
**Rayya Ghul**  
**Creating Change Conversations**

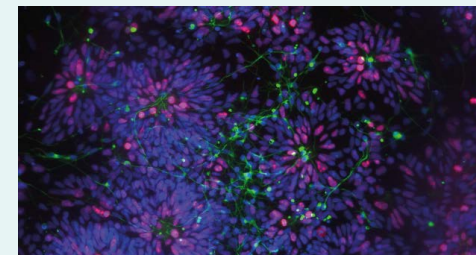


We all know that it's good to talk but often, while we might feel better afterwards, not much changes or we find ourselves listening to the same old stories.

This workshop will provide participants with an introduction to a powerful technology called 'solution focus', which promotes positive change through simple conversation tools which anyone can learn.

Rayya Ghul is an internationally acclaimed solution focused practitioner and academic who lives and works in South East Kent.

1.45pm (60 mins), Glassworks, £3  
**The Neuronal Disco**



A neuroscientist and an artist invite you to animate the development of the brain and the connections between cells through a series of choreographed movements to well-known pop songs. Patterns and formations of neuronal growth, connection, communication and degeneration will be celebrated through a variety of movements, groupings and wearable technologies bringing disco dancing into the heart of molecular neurochemistry.



## Saturday 27 May

2pm (60 mins), Bibliotherapy, Brewery Tap, FREE  
**Bibliotherapy Readings**



Our popular bibliotherapy area is curated by visiting artists, scientists, service providers, Normal? Festival supporters and our new partner Kent Libraries. Come relax and browse at any time and join us at 2pm on Saturday and Sunday for local writers and poets reading work that reflects the theme of the festival.

3pm (75 mins), Quarterhouse Café-Bar, £3

### Malachi I've got a Problem with my Thingy



How would you feel about yourself if you suddenly had a medical problem that can be very difficult to discuss? As a result of a severe brain injury, Malachi found himself in this position,

and now plucks up the courage to talk openly about it. In this unsentimental, light-hearted and often humorous presentation/performance, he tells his story and asks questions about typical responses to delicate topics. Using story-telling and interaction, Malachi invites you on his emotional journey; from being someone with confidence, to having great difficulty talking about himself at all. #LostForWords After his performance (45 mins), Malachi will be joined for a discussion with Cambridge neurologist Ed Needham, a brain injury specialist.

3pm (60 mins), Bibliotherapy, Brewery Tap, FREE  
**Zena Cooper  
Reading for Well-Being**

Reading for Well-being is a Kent based project using the Read Aloud method. It encourages individuals to engage with literature, develop personal reflection and explore feelings, thoughts and memories in a relaxing environment by choosing a story or poem and reading aloud to the group, pausing at times for discussion or response. Come along at 3pm on Saturday and Sunday, lie back and explore the positive effect of someone reading aloud to you.

4.30pm (90 mins), meet Quarterhouse Foyer, FREE



### In Praise of Walking

Local eco-poet Chris Poundwhite will be joined by our resident neurologist, Tim Rittman, and Change Challenge artist, Byron Vincent, to lead a healthy and

inspiring walk in the local countryside. Taking in sea, cliff, beach and Down, the walk will include readings from *In Praise of Walking* by Scottish poet Thomas A Clark.

Dogs welcome. Please wear walking shoes and dress for the weather – we will walk rain or shine!

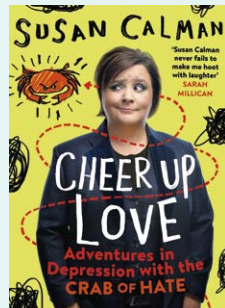
5pm (60 mins), Quarterhouse Café-Bar, FREE  
**This Is What They Do to Us**

Jackie Fairlie memorial talk

When going through mental distress, it might seem appealing to be looked after in hospital until it passes over. Unfortunately, the people who've spent time in the system can sometimes tell a very different story. This is a round the table discussion with survivors of the mental health system to shed light on those experiences and campaign for change. With music from acclaimed musician Gwyneth Herbert.

5.45pm (60 mins), Bibliotherapy, Brewery Tap, FREE

### Cheer Up Love



We've teamed up with Kent Libraries to establish a book group especially for Normal? Festival of the Brain. Focusing on inspirational biographies and self-help literature, the group has chosen Susan Calman's *Cheer Up Love: Adventures in depression with the Crab of Hate* as its first good

read. Grab a copy from the library to read in advance and come prepared to share your thoughts.

6pm (60 mins), Quarterhouse Meeting Room, FREE

### Tai Chi

(see Friday at 6pm for details)

## Sunday 28 May

9.30am (60 mins), Quarterhouse Meeting Room, FREE

### Mindfulness

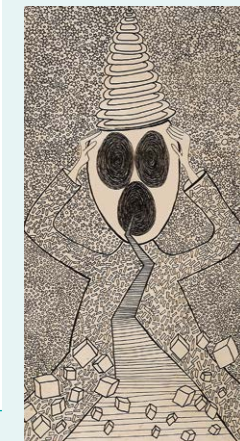
(see Friday at 9.30am for details)

11am (60 mins), Quarterhouse Auditorium, FREE  
**Sunday Assembly**



The Sunday Assembly was started by Sanderson Jones and Pippa Evans, two comedians who were on the way to a gig when they discovered they both wanted to do something that was like church but totally secular and inclusive of all – no matter what they believed. Almost 200 people turned up at the first ever Sunday Assembly in London in 2013, 300 at the second and soon people all over the world asked to start one. Now there are over 70 Sunday Assembly chapters in 8 different countries where people sing songs, hear inspiring talks, and create community together. We're delighted that Pippa and Sanderson have allowed us to host a Sunday Assembly in Folkestone as part of Normal? Festival of the Brain.

12.30pm (60 mins), Quarterhouse Café-Bar, £3  
**Hearing Voices: Inspiration or Insanity?**



"Who said that?" is one answer to the psychiatrist's favourite question, do you hear voices? Joan of Arc not only heard them but acted on them. Apparently a large proportion of people do hear internal voices with no psychiatric problems whatsoever. Whether we view them as our own inner voice, or outside agencies, this is a forum for interested parties to debate the politics of faith

and voice hearing. The session will begin with the screening of the short film *Hearing Voices* by local film-maker Dominic Pillai.

7.30pm (70 mins), Quarterhouse Theatre, £10/£8 concs / Age 16+  
**Stacy Makishi  
Vesper Time**  
*'Whatcha gonna do with your 'one wild and precious life...?' (Mary Oliver)*



*Vesper Time* offers an 'evening prayer', a high-spirited and playful reflection on ageing and on acting before it is too late; on male role models and the need for father figures – real or imaginary. Stacy Makishi draws on her former training as a missionary and her roots in stand-up comedy and writing, excerpts from Hollywood blockbusters and the existential undercurrents of *Moby Dick* in this subversive sermon about loss and living life to the full. *'Stacy Makishi managed to open my heart with complex laughter'* Total Theatre

8.45pm (75 mins), Quarterhouse Café-Bar, FREE  
**Dolly Doowop's Brain Drain**

Join DJ Dolly Doowop as she spins even more mind boggling discs with a brain-related theme.



## Sunday 28 May

1.30pm (120 mins), Quarterhouse Theatre, FREE  
**Split Britches**  
**Care Café**



The Care Café is a place for people to gather – their wits, thoughts and comrades in action. Conceived by Lois Weaver of Split Britches as a place for us to be in company with others, to express care for each other, to talk about current world issues and to find ways to act. People can drop-in at any time during the two hours, join small group conversations, bring their worries, thoughts, strategies, friends and maybe some treats to share.

2pm (60 mins), Quarterhouse Meeting Room, FREE  
**Open Dialogue**



Open Dialogue is a practice based approach to people experiencing a mental health crisis that fully integrates their families and social networks within a flattened hierarchy, a

shared agenda and the aim of “being with”, rather than “doing to”. Open Dialogue was developed in Western Lapland where studies show that it has allowed over 70% of those presenting with acute psychosis to be discharged from services within two years with far less hospitalisation or high-dose medication. Join Yasmin Ishaq, Service Manager, and Annie Jeffrey, Carer Lead, Kent and Medway Peer Supported Open Dialogue to discuss the work they are doing in Kent.

2pm (60 mins), Bibliotherapy, Brewery Tap, FREE

**Bibliotherapy Readings**  
 (see Saturday at 2pm for details)

3pm (60 mins), Bibliotherapy, Brewery Tap, FREE

**Reading for Well-Being**  
 (see Saturday at 3pm for details)

3pm (50 mins), Quarterhouse Café-Bar, FREE  
**Coney**  
**We The People (of Folkestone East & West)**



A gameshow about the times we're living in and the habits we need to cultivate to make a better difference. It's a quiz about the radical act of community, with questions set by the

people of Folkestone and prizes to be won. To get involved in advance, knock@coneyhq.org

3.30pm (60 mins), Quarterhouse Meeting Room, FREE  
**Placebo?**

People have mixed feelings about alternative therapies because they're not openly approved by NICE, but the NHS carries out pastoral work during recovery and we all probably know people who try out Reiki or types of spiritual healing. If these types of services were freely available within the health service would we take them more seriously? Come and join in the debate with alternative therapy practitioners Faith Warn and Jane Unsworth; Clinical Psychologist and teacher of meditation Dr Gemma Beckley; and our resident neurologist Dr Tim Rittman.

4pm (60 mins), Brewery Tap, £3  
**Laughter Workshop**



Join Lotte Mikkelsen from UnitedMind and laugh your socks off in this workshop proven to release feel-good endorphin brain chemicals. It's a non-bendy, non-intrusive, all-inclusive, fun yoga workout that deals with all types of stress! UnitedMind specialise in long-lasting personal and professional growth through laughter, joyfulness, happiness and holistic health.

5.30pm (60 mins), Quarterhouse Café-Bar, £3  
**Daniel Oliver**  
**MAX DYSPRAXE**



Daniel Oliver makes haphazard participatory performances that try hard to facilitate a to-and-fro between awkwardness and euphoria. This performance presentation explores Daniel's experience as a dyspraxic performance artist and researcher. Dyspraxia is a 'disorder' that affects co-ordination and executive planning. They used to call it clumsy child syndrome. Daniel takes a neurodiverse approach, embracing the disorderliness of dyspraxia rather than hiding or attempting to overcome it. Parts of the performance will therefore be unabashedly clumsy, uncoordinated, ramshackle and unplanned. There will be audience participation, shouting, intentional accidents, accidental accidents, simple things getting overcomplicated, complicated things getting oversimplified, and dancing. It will be funny and also a bit serious.

6pm (60 mins), Quarterhouse Meeting Room, FREE

**Tai Chi**  
 (see Friday at 6pm for details)

7.30pm (60 mins), Quarterhouse Theatre, £10/£8  
 concs / Age 16+  
**Richard Gadd**  
**Monkey See Monkey Do**



Richard Gadd brings one of the most memorable, genre-busting performances in years and the undoubted hit show of the 2016 Edinburgh Festival Fringe to Folkestone. A stand-up routine that goes to the depths of who he is – and what it means to be a Man. Winner: Edinburgh Comedy Award Best Show 2016  
*'This is comedy-as-personal-catharsis taken to a whole new level – his charisma and commitment to his art is extraordinary'* The Telegraph  
*'A wildly inventive hour'* The Times

8.45pm (60 mins), Quarterhouse Café-Bar, FREE  
**Neuroplastic**



Join change challenge champion Byron Vincent with molecular and developmental neurobiologist turned freelance science writer Moheb Costandi, as they sum up how Byron's challenges have fared and what it really takes to change our habits and behaviours. Normal? regular and new stand-up comedian Keven Blake will deliver some personal comedy and acclaimed



singer/songwriter Gwyneth Herbert will regale us with a few brain themed songs and encourage us to create our very own Normal? theme tune!

## Exhibitions

### Elastic Fantastic

Whelkboy Gallery, 44 The Old High Street,  
CT20 1RJ

12 – 29 May, 10am - 5pm (Closed Mondays),  
private view Fri 12 May, 5pm, FREE



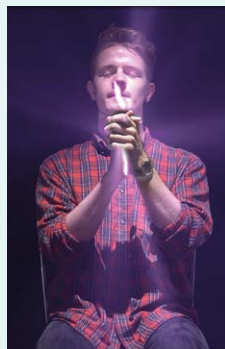
Brain plasticity is a common term used by neuroscientists referring to the brain's ability to change at any age – for better or worse. A group of Folkestone artists have made new work on this theme based on their experiences of their own, or someone else's brain.

Participating artists include Malcolm Allen, Tina Hage, Kitty Hall, Constance MacQueen, Tania McCormack, Angela Schutz, Susan Triffitt, Thurlie Wright, Maxwell MacQueen.

### Syntonicity – Exploring Sound Connected Synaesthesia

Brewery Tap, 53 Tontine Street, CT20 1JR

26 May, 4pm – 7pm, 27 & 28 May, 10am – 4pm,  
FREE



An exhibition of artworks curated by Jane Murtagh created through the collaboration of artists and synaesthetes. These interactive works conclude a series of workshop investigations that explored the perception and understanding of sound related synaesthesia. Participating artists include James

Wannerton, Dan Mc Bride, Charles Marriott, Timothy Layden, Andrew Stellitano, Dominic Davies, Christine Søffing.

### Folkestone Camera Club Changing Habits

Quarterhouse Foyer, 25 – 28 May, 10am to 6pm,  
FREE

An exhibition of images that capture urban and natural landscapes that free your mind; where you can reflect and enjoy freedom of thought or take time to work through more troubling matters.

## The Sick of the Fringe

### Diagnoses

We're delighted to be working in partnership with The Sick of the Fringe writers' programme led by artist and TSOTF director Brian Lobel. TSOTF supports, promotes and protects art work looking at health, medicine, illness, disability and the body. Brian will be working with a group of Folkestone writers to diagnose events at the Normal? Festival of the Brain to be published online throughout the festival.

Normal? Festival of the Brain is supported by



Supported using public funding by

**ARTS COUNCIL  
ENGLAND**



**Folkestone**

Hythe & Romney Marsh  
Shepway District Council



**THE ROGER  
DE HAAN  
CHARITABLE TRUST**